



PREPARATION INSTRUCTIONS - TANNING

In order to receive Professional, Elite results - you must follow these instructions

EXFOLIATE DAILY for 1 week prior to show with a PH balancing body scrub. Such as Jan Tana's "Skin Prep" OR *Baking Soda*, or a combo of *Baking Soda mixed with Aveeno fragrance free body wash* is also great. We also recommend using exfoliating hand gloves found at any drug store. You want to Exfoliate your body AFTER you wash and condition your hair, make sure to also exfoliate your back well and get all of the conditioner off or this will act as a barrier to the tan.

MOISUTRIZE DAILY for 1 week prior to your tan with a PH balancing moisturizer, such as *fragrance free/sensitive skin Aveeno Daily Moisturizer*. Pay special attention the arrears that tend to get drier such as, knees, elbows, feet and hands **DO NOT USE**: body butters, scented, or oily lotions.

(Do not use moisturizer on the day of your tan, exfoliate with your PH Balancing Body scrub above)

DAY OF YOUR TAN: - You must wear a mask.

- Shower & exfoliate in the morning with BAKING SODA - **DO NOT** apply any moisturizer, deodorant, or perfume these will act as a barrier and the tan will not penetrate the skin properly.
- **DO NOT** participate in any physical activity that may cause perspiration, this will also cause a barrier and raise the skin's PH causing you to go green.
- It is your responsibility to make sure you have made yourself available for the day prior to your show for your base tan.
- Wear dark, loose fitting clothing & flip flops. Do not wear any tight-fitting clothing after you receive your tan, or it may rub off.
- Be prepared for bad weather and pack an umbrella, to avoid getting wet and ruining your tan.
- There will be absolutely no bags, cell phones or personal items allowed inside the tanning room or tanning area. Leave in your car or hotel room.

HAIR REMOVAL INSTRUCTIONS:

WAXING: We recommend waxing at least 1 week prior to your tan.

SHAVING: We recommend shaving 24 hours prior to your tan. Make sure to exfoliate before and after you shave as some razors may leave a soap/conditioner type of residue on the skin and this could affect your tan application.

LASER: We recommend if having laser hair removal, to do so at least 2 weeks prior to your first application to allow the hair to shed out.

- All forms of hair removal are dependent on how sensitive your skin may be.
- We also recommend full body hair removal to achieve the best application.

You will receive an email the week leading into the show with your appointment times and location.



PREPARATION INSTRUCTIONS – Hair & Makeup

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MAKEUP APPLICATION: You must arrive to your appointment with a CLEAN, & MOISTURIZED face. We do not spray tan your face. Our Professional Elite Makeup artists will match your makeup to your tan. We recommend a **gentle** exfoliation the week prior.

DO NOT: Have any type of chemical peels, harsh facial treatments or waxing at least two weeks prior to show.

HAIR STYLES: You must arrive with **CLEAN & DRY** hair. Please avoid tying it back with a hair elastic and use a scrunchie or duckbill clip to clip at the base of your neck **not on the top of your head**.

We Recommend adding a little dry shampoo to the roots if you tend to get oily fast. For Frizzy Hair, it is always helpful if you can round brush it dry so its smooth.

HAIR EXTENSIONS APPLICATION: Your extensions must be **CLEAN, DRY & BRUSHED OUT**.

On our website, you must have notified us if you have hair extensions. If you did not do that you must email us to make sure we have allowed enough time. proelitetanltd@gmail.com

If your extensions are new they must be shampooed, conditioned and fully dried before using them, New extensions come with a waxy coating on them which make it difficult to curl and they look very stringy.

DAY OF SHOW TOUCHUPS: It is your responsibility to maintain your Tan, Hair and Makeup applications

- We do offer complimentary minor touchups for hair and makeup which include lipstick /gloss, light powder and light hair.
- Additional charges will apply if you need to have your foundation re-applied, hair re-curved, etc.
- Tanning touchups will be provided backstage at the event.
- Glazing and Bikini bite will also be provided at the event prior to stage.
- Bikini bite is available for purchase if you do not want to share, please purchase on Friday when you get your base coat – they will not be backstage for purchase. (\$19.99)

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